



HEALTH CHECK!

THIS COUPON ENTITLES _____

ADMINISTRATIVE LEAVE FOR PREVENTIVE HEALTH/ANNUAL EXAMS

UP TO FOUR (4) HOURS OF

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(Supervisor - Initial in Boxes Provided)

HEALTH PRACTITIONER SIGNATURE: _____

DATE: _____

COUPON EXPIRES DECEMBER 31, 2006

ATTACH COPY OF SIGNED COUPON TO TIME SHEET

To: All UDOH Benefited Employees

From: David N. Sundwall, MD
Executive Director

Date: January 1, 2006

Subject: Administrative Leave for Preventive Health/Annual Exams

With today's busy work schedules, finding time for preventive health care appointments can be difficult. In order to help our employees fit these appointments into their busy schedules, we are pleased to present employees with a coupon redeemable for up to four (4) hours of administrative leave. This coupon can be used to cover time spent at an annual physical examination and/or preventive health care appointments, including pre-natal visits, mental health, dental and vision appointments between January 1, 2006 and December 31, 2006. The time may be used in one-hour increments and should be approved by your immediate supervisor in advance of your appointment. Please have your supervisor initial each one-hour box as it is used.

Studies show that preventive examinations and health maintenance programs can reduce absenteeism and enhance productivity. Employees who have state-sponsored health insurance coverage have well-care benefits that cover one yearly physical examination to include pap smear tests, mammograms and prostate exams. In addition, PEHP will pay for annual Healthy Utah checkups, which include cholesterol and blood pressure tests and they also provide incentives for exercising, lowering weight, diabetes control, lowering blood pressure, lowering cholesterol levels and quitting smoking. Check the Healthy Utah calendar or visit Healthy Utah online at www.healthyutah.org for more information and to schedule your appointment.

The DOH Wellness Council and DOH Management encourage our employees to be healthy. I encourage you to take advantage of these opportunities to stay healthy with "Health Check".